



Orientation Meeting Two

Clothing Expectations

Goal

As a Student Ambassador who represents your community, country, and People to People, you must appear well groomed and nicely dressed in casual clothes suitable for your surroundings and daily activities. Leaders will inform you daily of the next day's dress code.

Daily Activity Attire

Appropriate clothing for program activities includes:

- Cotton or non-denim slacks (black, blue, stone, or khaki colored)
- Walking shorts (appropriate length determined by leaders)
- Skirts (appropriate length determined by leaders)
- Capris
- T-shirts
- Polo shirts
- Comfortable, sturdy walking shoes (athletic shoes or other). For safety, avoid flip-flops or open-toe shoes.

Note: Jeans are acceptable for daily wear, but not recommended because they are heavy, dry slowly, and are too hot for the climate in many destinations.

Formal Attire

Formal clothing is required for meetings with officials and for other special occasions. Here are some guidelines:

For Girls

- Dresses
- Skirts
- Casual dress slacks
- Modest blouses
- Comfortable dress shoes

For Boys

- Dress shirts
- Casual dress slacks
- Ties
- Comfortable dress shoes

People to People shirts and khaki pants are appropriate for both girls and boys, as advised by your delegation manager.

Note: In Australia, the People to People shirt and either the black, navy or stone cotton slacks are appropriate for formal occasions.

Nightwear

At times, you will attend nightly meetings or other functions after you have changed into pajamas or other nightwear. Appropriate, modest dress standards also apply here. For girls, that means pajamas should cover the "4 Bs" and shoulders. Boys should wear a shirt with pajama bottoms when outside the hotel room.

Swimwear

- Girls should wear appropriate one- and two-piece swimsuits at the beach or a pool. All swimwear should be covered with a T-shirt or wrap when going to or from the beach or pool.
- Boys should wear T-shirts with swimsuit to and from the beach or pool or whenever they are not at the pool or beach.

Flight Attire

Required dress for airline flights include:

- Cotton, other non-denim slacks or capris (black, blue, stone, or khaki colored)
- People to People shirt
- Closed-toe shoes

Inappropriate Clothing

Avoid the following attire:

- Ripped or torn clothing
- Exposed undergarments
- Clothing with rude expressions or logos, or that promotes illegal activities
- Excessively short skirts or shorts
- Spaghetti-strap tops
- Baseball caps (indoors)
- Sweatpants (in public)
- String bikinis
- Transparent swimwear
- Swimsuits that inadequately cover the bottom and/or chest

The "4 Bs"

Always avoid exposing the "4 Bs:" **bellies, buttocks, breasts, and backs**. Leaders will ask anyone dressed inappropriately to change.

Note: To adhere to cultural protocols of particular sites, students may be required to cover their shoulders, wear head coverings, or wear pants or skirts that cover the knees.